



HONEY THYME PORK TENDERLOIN

with Roasted Sweet Potatoes & Brussels Sprouts

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Sweet Potatoes



12 oz | 24 oz
Pork Tenderloin



1 Clove | 1 Clove
Garlic



8 oz | 16 oz
Brussels Sprouts



1 tsp | 1 tsp
Dried Thyme



2 | 4
Chicken Stock Concentrates



2 tsp | 4 tsp
Honey

HELLO

ROASTED BRUSSELS SPROUTS

Roasting is one of our favorite ways to add toasty depth (and crispiness!) to this classic green veg.



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 600



HELLO FRESH

WHISKED AWAY

Before heating the pan again in step 5, whisk together the stock concentrates, honey, and water directly in a liquid measuring cup. This'll save you the trouble of opening packets and measuring when you already have ingredients on the stove.

BUST OUT

- Peeler
- 2 Baking sheets
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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* Pork is fully cooked when internal temperature reaches 145°.



1 ROAST SWEET POTATOES

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry all produce.**
- Peel and dice **sweet potatoes** into ½-inch pieces. (TIP: For speedier spud prep, skip the peeling.) Toss on one side of a baking sheet with a **drizzle of oil, salt, and pepper.** (For 4 servings, spread out across entire sheet.)
- Roast on top rack for 5 minutes (you'll add the Brussels sprouts then).



4 ROAST PORK

- Once **pork** is browned, transfer to a second baking sheet. (For 4 servings, carefully add pork to sheet with Brussels sprouts.)
- Roast on middle rack until cooked through, 12-15 minutes.
- Transfer pork to a cutting board to rest. Thinly slice crosswise.



2 ROAST BRUSSELS SPROUTS

- Meanwhile, trim and halve **Brussels sprouts** lengthwise.
- Once **sweet potatoes** have roasted 5 minutes, remove sheet from oven. Carefully toss Brussels sprouts on empty side with a **drizzle of oil** and a **pinch of salt and pepper.** (For 4 servings, leave sweet potatoes roasting; toss Brussels sprouts on a second sheet and roast on middle rack.)
- Return sheet to oven; roast until veggies are tender, 18-22 minutes.



5 MAKE SAUCE

- Heat a **drizzle of oil** in pan used for pork over medium heat. Add **minced garlic** and **thyme**; cook until fragrant, 30 seconds.
- Stir in **stock concentrates, honey,** and **¼ cup water** (⅓ cup for 4 servings). Simmer, scraping up any browned bits from bottom of pan, until sauce has reduced and thickened, 2-3 minutes.
- Stir in **1 TBSP butter** (2 TBSP for 4) until melted. Season with **salt** and **pepper.** TIP: If sauce seems too thick, stir in a splash or two of water.



3 SEAR PORK & PREP GARLIC

- While veggies roast, pat **pork*** dry with paper towels; season all over with **salt** and **pepper.**
- Heat a **drizzle of oil** in a large pan over medium heat. Add pork and sear, turning occasionally, until browned all over, 4-8 minutes (it'll finish cooking in the next step).
- While pork cooks, peel and mince **half the garlic** (all the garlic for 4 servings).



6 SERVE

- Divide **pork, Brussels sprouts,** and **sweet potatoes** between plates. Drizzle pork with **sauce** and serve.

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